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**FISCAL YEAR 2015  
CHILD AND ADULT CARE FOOD PROGRAM  
FAMILY DAY CARE HOME SPONSOR MEMORANDUM #10**

**TO:** Family Day Care Home Sponsors

**FROM:** Marla J. Moss, Director  
Office of School Support Services

**DATE:** January 23, 2015

**SUBJECT:** The *Proposed* Rule for Child and Adult Care Food Program (CACFP)  
Meal Patterns Released

**ACTION:** Your comments are needed. Your feedback will be a critical part of  
determining the final rule for CACFP.

**COMMENTS ARE DUE BY APRIL 15, 2015!**

The United States Department of Agriculture (USDA) released *a proposed rule* January 9, 2015, with new science-based nutrition standards for meals provided through USDA's Child and Adult Care Food Program (CACFP). With over three million children receiving meals from the CACFP each day, the *proposed* meal patterns will help ensure children have access to healthy, balanced meals throughout the day. Under the proposed rule, meals served to children and adults in daycare will include a greater variety of vegetables and fruits, more whole grains, and less added sugar and dietary fat. The rule will also provide older adults and adults in non-residential daycare settings greater access to nutritious foods.

The key points that could affect child and adult care programs are:

- Two age groups for the infant meal pattern (0 through 5 months and 6 through 11 months) versus the current three infant age groups
- The addition of a fourth age group (13 through 18 years) to the child meal pattern
- Separation of the fruit and vegetable component for both children and adults
- At least one grain serving per day across all eating occasions be whole grain or whole grain rich
- Breakfast cereals to conform to WIC requirements

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- Grain-based desserts will no longer count towards the grain requirement
- Meat or meat alternate may be served at breakfast in lieu of some grains
- Frying as an on-site food preparation method will be disallowed for daycare institutions and facilities

Those interested in reviewing the proposal and offering comments during the 90-day period are encouraged to do so once it is published at [www.regulations.gov](http://www.regulations.gov).

**The 90-day comment period is a key part of the rulemaking process. Each comment will be reviewed by federal staff. By becoming familiar with the proposed changes, daycare institutions and sponsors may experience fewer challenges as they transition over to the new meal pattern requirements once they are finalized. Please review the proposed rule and provide insight on the proposed changes – your comments do count!**

For more information about the proposed changes, please visit: [www.fns.usda.gov/cacfp/federal-register-documents](http://www.fns.usda.gov/cacfp/federal-register-documents).

## Proposed Changes to the Infant Meal Pattern

Infants	Birth through 5 months	6 through 11 months
<b>Breakfast, Lunch, or Supper</b>	4-6 fluid ounces breast milk <sup>1</sup> or formula <sup>2</sup>	6-8 fluid ounces breast milk <sup>1</sup> or formula <sup>2</sup>
		1-4 tablespoons infant cereal <sup>2</sup> , meat, fish, poultry, egg yolk, cooked dry beans, or cooked dry peas or a combination of any of the above
		1-2 tablespoons vegetable <sup>3</sup> or fruit <sup>3</sup>
<b>Snack</b>	2-4 fluid ounces breast milk <sup>1</sup> or formula <sup>2</sup>	2-4 fluid ounces breast milk <sup>1</sup> or formula <sup>2</sup>
		<sup>1</sup> / <sub>4</sub> - <sup>1</sup> / <sub>2</sub> ounce bread, <sup>4</sup> cracker <sup>4</sup> , or ready-to-eat breakfast cereal <sup>4</sup>
		1-2 tablespoons vegetable <sup>3</sup> or fruit <sup>3</sup>

<sup>1</sup> Breast milk or formula, or portions of both, may be served; however, it is recommended that breast milk be served in place of formula from birth through 11 months. For some infants who regularly consume less than the minimum amount of breast milk or formula per feeding, a serving of less than the minimum amount of breast milk or formula may be offered with additional breast milk or formula offered at a later time if the infant will consume more.

<sup>2</sup> Infant formula and dry infant cereal must be iron-fortified.

<sup>3</sup> Fruit or vegetable, or portions of both, may be served. Fruit and vegetable juices may not be served.

<sup>4</sup> A serving of grains must be whole grain, whole grain-rich, enriched meal, or enriched flour.

## The Proposed Child and Adult Meal Patterns

<b>Breakfast</b> <b>Meal Pattern for Children and Adult Participants</b>					
	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Adult
Food Components and Food Items <sup>1</sup>	Minimum Quantities				
Fluid milk <sup>2</sup>	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces	8 fluid ounces
Vegetables, fruits, or portions of both <sup>3</sup>	¼ cup	½ cup	½ cup	½ cup	½ cup
Grains <sup>4, 5</sup>					
Whole grain or enriched bread	½ slice	½ slice	1 slice	1 slice	2 slices
Whole grain or enriched bread product, such as biscuit, roll, muffin	½ serving	½ serving	1 serving	1 serving	2 servings
Whole grain, enriched or fortified Cereal <sup>6</sup> , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup	1 cup

<sup>1</sup> Must serve all three components for a reimbursable meal. Offer versus serve is an option only for adult participants.

<sup>2</sup> Must be unflavored whole milk for children age one. Multiple options related to flavored milk are presented for public comment for children age 2 years and older. For adult participants, 6 ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk no more than once per day.

<sup>3</sup> Pasteurized full-strength juice may be used to meet the requirement. Fruit and vegetable juices may not be served at the same meal.

<sup>4</sup> At least one serving per day, across all eating occasions, must be whole grain or whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

<sup>5</sup> Meat/meat alternates may be used to meet up to 50 percent of the grains requirement. One ounce of meat/meat alternates is equivalent to one cup/serving of grains.

<sup>6</sup> Breakfast cereals must conform to the requirements of the WIC program as outlined in 7 CFR 246.10(e)(12).

<b>Lunch and Supper</b> <b>Meal Pattern for Children and Adult Participants</b>					
	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Adult
Food Components and Food Items <sup>1</sup>	Minimum Quantities				
Fluid milk <sup>2</sup>	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces	8 fluid ounces <sup>3</sup>
Meat/meat alternates Edible portion as served:					
Lean meat, poultry, or fish	1 ounce	1½ ounces	2 ounces	2 ounces	2 ounces
Tofu, soy products, or alternate protein products <sup>4</sup>	1 ounce	1½ ounces	2 ounces	2 ounces	2 ounces
Cheese	1 ounce	1½ ounces	2 ounces	2 ounces	2 ounces
Large egg	½	¾	1	1	1
Cooked dry beans or peas	¼ cup	⅓ cup	½ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 Tbsp.	3 Tbsp.	4 Tbsp.	4 Tbsp.	4 Tbsp.
Yogurt, plain or flavored unsweetened or sweetened	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50 percent of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables <sup>5</sup>	⅓ cup	¼ cup	½ cup	½ cup	½ cup
Fruits <sup>5</sup>	⅓ cup	¼ cup	¼ cup	¼ cup	½ cup
Grains <sup>6</sup>					
Whole grain or enriched bread	½ slice	½ slice	1 slice	1 slice	2 slices
Whole grain or enriched bread product, such as biscuit, roll, muffin	½ serving	½ serving	1 serving	1 serving	2 servings
Whole grain, enriched or fortified Cereal <sup>7</sup> , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup	1 cup

<sup>1</sup> Must serve all five components for a reimbursable meal. "Offer versus serve" is an option only for children in at-risk afterschool care centers and adult participants.

<sup>2</sup> Must be unflavored whole milk for children age 1. Multiple options related to flavored milk are presented for public comment for children age 2 years and older. For adult participants a serving of 6 ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk no more than once per day.

<sup>3</sup> A serving of fluid milk is optional for suppers served to adult participants

<sup>4</sup> Alternate Protein Products must meet the requirements in Appendix A to Part 226.

<sup>5</sup> Pasteurized full-strength juice may be used to meet the requirement. Fruit and vegetable juices may not be served at the same meal.

<sup>6</sup> At least one serving per day, across all eating occasions, must be whole grain or whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

<sup>7</sup> Breakfast cereals must conform to the requirements of the WIC program as outlined in 7 CFR 246.10(e)(12).

<b>Snack</b> <b>Meal Pattern for Children and Adult Participants</b>					
	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Adult
Food Components and Food Items <sup>1</sup>	Minimum Quantities				
Fluid milk <sup>2,3</sup>	4 fluid ounces	4 fluid ounces	8 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates Edible portion as served:					
Lean meat, poultry, or fish	½ ounce	½ ounce	1 ounce	1 ounce	1 ounce
Tofu, soy products, or alternate protein products <sup>4</sup>	½ ounce	½ ounce	1 ounce	1 ounce	1 ounce
Cheese	½ ounce	½ ounce	1 ounce	1 ounce	1 ounce
Large egg	½	½	½	½	½
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup	¼ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 Tbsp.	1 Tbsp.	2 Tbsp.	2 Tbsp.	2 Tbsp.
Yogurt, plain or flavored unsweetened or sweetened	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup	4 ounces or ½ cup	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts, or Seeds	½ ounce	½ ounce	1 ounce	1 ounce	1 ounce
Vegetables <sup>3</sup>	½ cup	½ cup	¾ cup	¾ cup	½ cup
Fruits <sup>3</sup>	½ cup	½ cup	¾ cup	¾ cup	½ cup
Grains <sup>5</sup>					
Whole grain or enriched bread	½ slice	½ slice	1 slice	1 slice	1 slice
Whole grain or enriched bread product, such as biscuit, roll, muffin	½ serving	½ serving	1 serving	1 serving	1 serving
Whole grain, enriched or fortified Cereal <sup>6</sup> , cereal grain, and/or pasta	¼ cup	⅓ cup	¾ cup	¾ cup	¾ cup

<sup>1</sup> Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

<sup>2</sup> Must be unflavored whole milk for children age 1. Multiple options related to flavored milk are presented for public comment for children age 2 years and older. For adult participants, 6 ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk no more than once per day.

<sup>3</sup> Only one beverage (fluid milk, vegetable juice or fruit juice) may be served. Pasteurized full-strength juice must be used to meet the requirement.

<sup>4</sup> Alternate Protein Products must meet the requirements in Appendix A to Part 226.

<sup>5</sup> At least one serving per day, across all eating occasions, must be whole grain or whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

<sup>6</sup> Breakfast cereals must conform to the requirements of the WIC program as outlined in 7 CFR 246.10(e)(12).